

WHAT IS CLAIMED IS:

1. An incremental weight system adapted for use in weight training, comprising:

a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

2. The incremental weight system of claim 1 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

3. The incremental weight system of claim 2 further comprising at least one quarter-ounce weight.

4. An incremental weight training apparatus, comprising:

a standard olympic barbell;

a set of standard olympic weights; and,

a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening adapted to receive the standard olympic barbell and a slot extending from the center opening to the perimeter of the disk.

5. The incremental weight training apparatus of claim 4 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one

eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

6. The incremental weight training apparatus of claim 5 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

7. The incremental weight training apparatus of claim 4 wherein the slot is adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

8. An incremental weight training apparatus, comprising:
a cable-type weight training apparatus; and,
a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein each incremental weight comprises a thin disk having a center opening and a slot extending from the center opening, the slot being adapted to receive a weight-bearing cable of the cable-type weight training apparatus.

9. The incremental weight training apparatus of claim 8 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

10. The incremental weight training apparatus of claim 9 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

11. The incremental weight training apparatus of claim 8 wherein the center opening is adapted to receive a standard olympic barbell.

12. An incremental weight adapted for use with both a standard olympic barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one quarter-ounce.

13. An incremental weight adapted for use with both a standard olympic barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one half-ounce.

14. An incremental weight adapted for use with both a standard olympic barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one-ounce.

15. A method of incrementally increasing a person's strength by incremental weight training, the method comprising the steps of:

selecting a starting resistance;

adding incremental weights ranging from about one quarter-ounce to about thirty two-ounces to the starting resistance in increments of less than about five-ounces; and,

executing a weight training exercise,

wherein the person selects and incrementally adds the incremental weights to increase the starting resistance to a higher resistance for a subsequent workout to consistently achieve small incremental gains in strength without causing injury and/or failure.

16. The method of claim 15 wherein the incremental weights comprise at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

17. The method of claim 16 wherein the incremental weights further comprise at least one quarter-once weight.

5 18. The method of claim 15 wherein the incremental weights comprise a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

19. The method of claim 15 wherein the starting resistance comprises a standard olympic barbell and standard matched olympic weights.

10 20. The method of claim 15 wherein the starting resistance comprises a weight resistance selected from a cable-type weight training apparatus.